VANCOUVER metro®

NEWS WORTH SHARING.

Merrrrrrrry Christmas

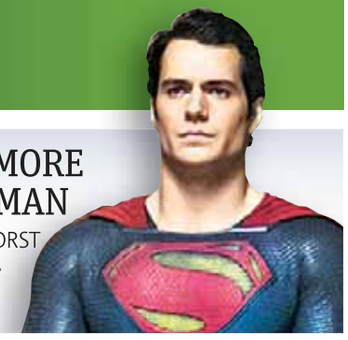
Metro is not publishing on Dec. 25. Be sure to pick up our Boxing Day edition

Teen hit with murder charge

Suspect was originally accused of assault in Karim Meskine's beating PAGE 3

SUPERMAN? PFFT. MORE LIKE ... MEDIOCRE, MAN

METRO LOOKS BACK ON THE WORST MOVIES OF 2013, AMONG THEM, THE ONE STARRING THIS GUY PAGE 17



This 28-centimetre ammolite was snatched from a Gastown jeweller on Friday morning. COURTESY VPD

Two thieves swipe gem worth $500K

Rare commodity. Ammolite had been held at Gastown location for four years and wasn't insured

A $500,000 fossilized gemstone listed as a national treasure by the federal government — and the subject of a movie only weeks ago — was stolen Friday from a Gastown jewellery store.

The 28-centimetre-long ammolite gemstone, formed from the fossilized shells of an extinct marine snail-like creature called an ammonite, was stolen from Rocks and Gems Canada (313 Water St.) by two thieves at about 4 a.m. Friday.

Ammolite is the provincial gemstone of Alberta and considered a national treasure by the federal government. It requires special permission from Ottawa to be transported outside the country.

According to Carman Wang, the store's owner, the fossil had been in a local film where it was the subject of a fictitious theft.

"When I heard about it, I laughed thinking about the film," said Wang. "I hope the people that got it don't break it. It's a national treasure; if they break it then it's a real shame."

Zee He, who works the morning shift as a sales associate, went to work on Friday to discover the front window had been smashed and the gemstone was gone.

He said the store's security footage shows one thief breaking the front display window to grab the gem with another acting as a lookout.

"It took them about four minutes, from start to finish, to grab it," he said.

Nothing else was taken.

Vancouver police are asking the public to keep an eye out for the gem. Sgt. Randy Fincham said investigators aren't sure the theft was targeted.

NICK WELLS/FOR METRO

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Offer only available on finance terms, not cash or lease offers. ≠Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR75BE) based on a selling price of $28,482 is $156 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $8,138 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details.≈Cash purchase price for the new 2014 Forte LX MT (FO541E)/2014 Rondo LX MT (RN551E) is $13,502/$19,482 and includes a cash savings of $4,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). 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For full contest rules and no-purchase entry details, visit www.kia.ca. ^Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/2014 Forte SX (FO548E)/2014 Rondo EX Luxury (RN756E) is $34,195/$26,195/$32,195. ^ ^Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption GuideYour actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation. >Vehicle Must be sold at full dealer pricing to qualify for Playstation 4 or 42" TV offer. Prices do not reflect the above pricing. 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Random attack.
16-year-old charged with murder

The 16-year-old charged with aggravated assault on Karim Meskine in New Westminster has now been charged with second-degree murder.

Meskine, 19, died Friday after a random, unprovoked attack on Tuesday evening at 23rd Street and 8th Avenue.

The accused was arrested shortly afterwards and charged with aggravated assault and assault with a weapon.

Cpl. Dominic Duchesneau of the Integrated Homicide Investigation Team said the police spoke to Crown counsel over the weekend. Meskine was removed from life support on Friday night and they made the decision to charge the suspect with second-degree murder. He also confirmed that the Crown is seeking to charge the suspect as an adult.

Duchesneau said the timing of the crime, combined with the randomness of the attack, has saddened investigators.

"Seeing what kind of person (Meskine) was and speaking to his family, it's difficult for investigators because he was such a nice guy," Duchesneau said.

A trust fund has been set up to help the family pay for burial costs.

NICK WELLS/METRO

Karim Meskine FACEBOOK

This design for the plaza on the north side of the Vancouver Art Gallery was the most popular according to an online survey. CONTRIBUTED

Design runs rings around competition

Vancouver Art Gallery. Concept chosen by 51% of survey respondents on TalkVancover.com

EMILY JACKSON
emily.jackson@metronews.ca

The people like it, so the city might put a ring on it.

Out of three redesign options for the Vancouver Art Gallery's north plaza, the concept of a ring hanging above the space was most popular, according to an online survey conducted by Talk Vancouver.

The city plans to spend $3.2 million to revamp the traditional protest space on West Georgia Street, once home to the Occupy movement and the Olympic countdown clock.

The majority (51 per cent) of respondents said they would stop to rest, eat or socialize in the space underneath the "multi-purpose" ring, compared to 36 per cent and 35 per cent for the other two concepts, according to initial releases of the survey conducted in September and October.

But respondents said all three designs needed more seating and more access to refreshments. Some sort of interactive feature such as a fountain, lights or art was deemed important, too.

No matter what design is chosen, it will include renos to the building's waterproofing underneath the plaza.

The city claims there was a "sense of relief and excitement" that something is going to be done with the space, for which an open plaza concept was "well approved."

This is one of the first city projects that used the website TalkVancouver.com, which launched in September, to conduct consultation. Anyone who works, studies or lives in the city can log in to give the city a piece of their mind. So far, 2,247 people have signed up for the site.

It's not known how many participated in this particular survey, but a full report on the redesign is expected in early 2014.

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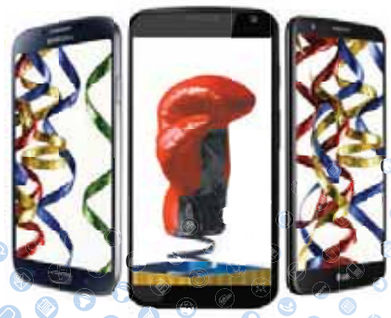

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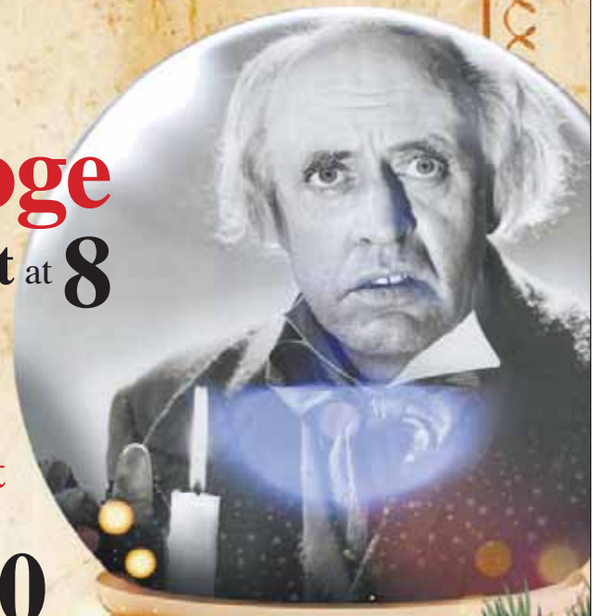

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CBC

Weihai brochure uses pic of Vancouver

It's beginning to look a lot like Yaletown.
A pamphlet for apartments in the Chinese city used a photo that looks familiar

EMILY JACKSON
emily.jackson@metronews.ca

If imitation is the sincerest form of flattery, developers from the Chinese city of Weihai just might have a crush on Vancouver.

A brochure for apartments called Bay Palace in Weihai uses a photo of Vancouver as seen from False Creek looking toward the Burrard Bridge, according to the blog of a Vancouverite living in Beijing who received the brochure in the mail last week.

It took Nicole Sy, who works as an editor, all of three seconds to realize that it was Vancouver, not Weihai, on the cover, she says.

Not an illusion

"Hey, wait a sec, it IS the Burrard Bridge! That IS Yaletown!"

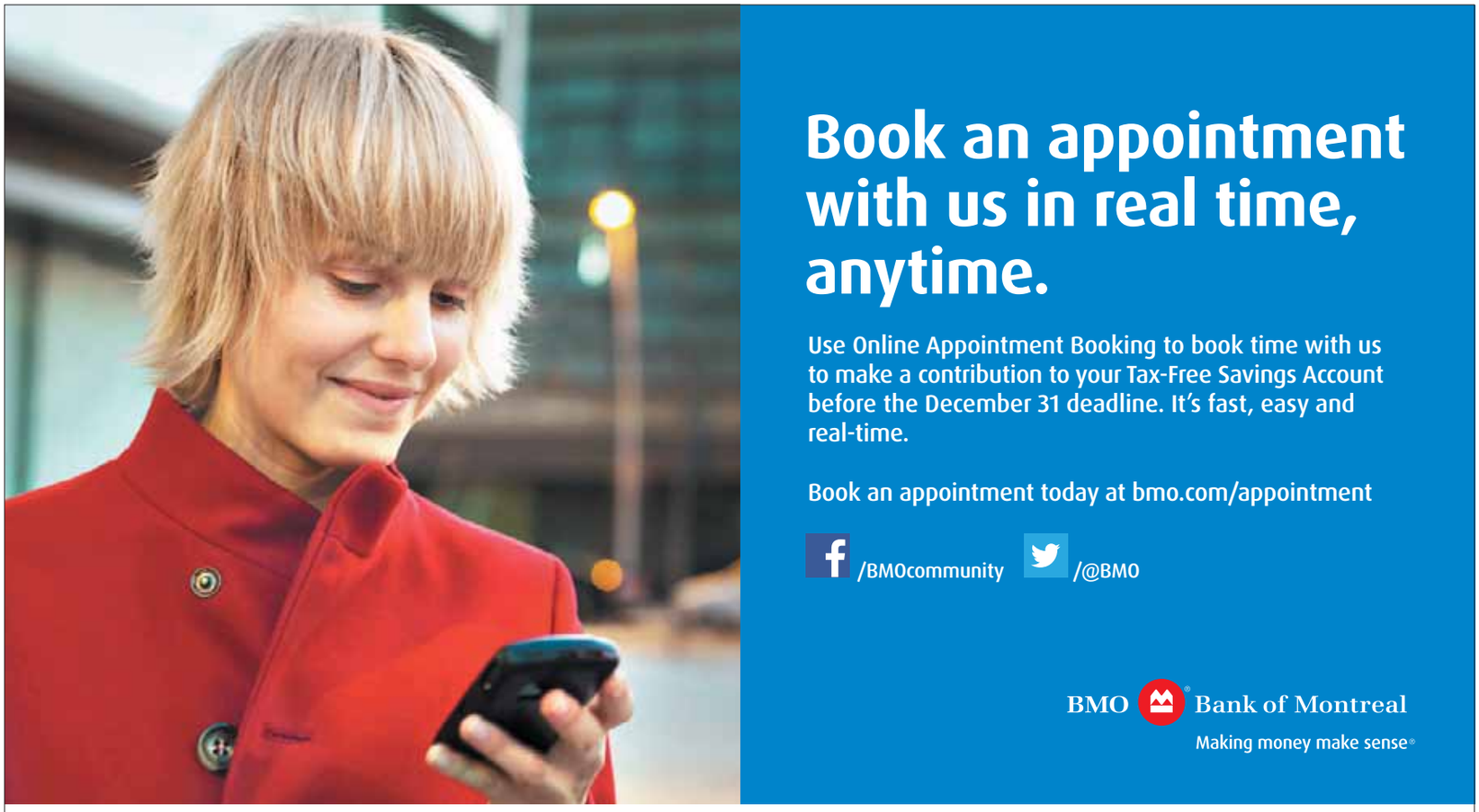
Nicole Sy in a blog entry about seeing a photo of Vancouver on a brochure for apartments in Weihai, China.

"Wow, I think. Weihai really is beautiful. It looks almost like Vancouver (where I'm from)," she wrote.

"Man, look at those mountains.... Actually, this place looks a lot like Yaletown.... There are boats, and that even looks like the Burrard Bridge.... Hey, wait a sec, it IS the Burrard Bridge! That IS Yaletown!"

Sy, who couldn't be immediately reached by Metro, questioned why a coastal city as naturally beautiful as Weihai would try to pass itself off as Vancouver.

This brochure for apartments in Weihai, China, has a photograph of Vancouver on the front. TUMBLR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Mossom Creek Hatchery gets funding to rebuild after fire

The Mossom Creek Hatchery burned to the ground on Dec. 12. TWITTER

Mossom Creek Hatchery in Port Moody is receiving community funding to rebuild after a fire burned the main building and education centre to the ground.

"The building and this year's stocks are expected to be a total loss," said George Assaf, vice-president of the Burrard Inlet Marine Enhancement Society, in an earlier statement.

The salmon hatchery lost incubation trays containing coho eggs and 110,000 chum along with years of records, photographs and press clippings during the Dec. 12 fire.

The hatchery, which has educated students about fisheries and the environment for almost 40 years, will receive $1,500 from the Port Moody International Association of Fire Fighters Local 2399 to assist with the rebuilding.

In addition, the City of Port Moody has approved $10,000 in emergency funding and has provided a trailer for continued operation on site.

Money to rebuild is also coming in from school fundraisers, individual donations and other organizations.

The hatchery was founded in 1976 by teachers Ruth Foster and Rod MacVicar and ex-student volunteers. It has raised and released thousands of chum and coho salmon into Mossom Creek and other streams that drain into Burrard Inlet.

"It is a difficult time but it's a promising time as well, because it's bringing the community together," said Foster. "We are deeply touched by all these gifts and by so many expressions of condolence."

SINDHU DHARMARAJAH/FOR METRO

Gifts for the less fortunate.
Charity ready to provide for homeless farther afield

The Homeless Partners, an organization that connects local residents with the homeless, is hoping more people will be thinking of those in need this holiday season.

The non-profit successfully reached its $10,000 crowdfunding goal and plans to use that money to make the program a registered charity and rebuild its website so it can expand to other cities.

Jennie and Daniel Keeran founded the Homeless Partners Christmas Wish List in 2005 in Vancouver. They interview homeless people, ask them to name two items they want for the holidays, document their stories on the website and wait for donors.

Jennie Keeran says the purpose of Homeless Partners has a lot to do with making personal connections.

Local charity Homeless Partners connects people with those less fortunate. COURTESY JENNIE AND DANIEL KEERAN/HOMELESS PARTNERS

"They feel invisible. They are often times clumped together as being the same. They are not. They are individuals who have different stories."

So far, the group has helped pledge over 7,000 gifts in 11 cities. SINDHU DHARMARAJAH/METRO

Vancouver Island. Police seize 19 firearms, ammo, Taser and one suspect

British Columbia's anti-gang unit says it has seized 19 firearms and thousands of rounds of ammunition during an investigation on Vancouver Island, leading to one arrest.

The Combined Forces Special Enforcement Unit of B.C. also seized six grams of crack cocaine as well as other items, including a Taser, from the properties in Courtenay.

Sgt. Lindsey Houghton says police received a tip in November that a 31-year-old man with ties to at least one organized-crime group was allegedly selling drugs and owned firearms.

Houghton says investigators from Vancouver Island and the mainland collaborated and arrested the man last Thursday following a month-long investigation.

Houghton says the man has been released from custody and could face charges in the coming weeks. THE CANADIAN PRESS

King Edward Avenue

Police startled by empty car after rollover

Vancouver police are investigating a Monday car crash after the occupants abandoned the smashed vehicle by the roadside.

Sgt. Randy Fincham said police were called at about 5 a.m. to King Edward Avenue and Cypress Street. The car had mounted the curb, struck a retaining wall and rolled over, he said.

Police expected to find severely injured occupants. Instead: no one.

After expanding their search, police located a man they believe to be the driver. He was uninjured and co-operative. NICK WELLS/METRO

Chilliwack

Hit-and-run shows off good and bad of humanity

Chilliwack RCMP are seeking both a Good Samaritan and a suspect in a hit-and-run on Watson Road last Wednesday.

A 14-year-old was hit by a car while sitting on his bike on the sidewalk at about 4:10 p.m., suffering minor injuries. The driver attempted to flee but ran over the bike.

The driver then got the victim to help get the car unstuck before driving away without exchanging information — despite his offer to pay for damages.

The victim was helped by an elderly woman who gave the teen a ride home. NICK WELLS/METRO

People protest coal exports in New Westminster in October. EMILY JACKSON/METRO FILE

Coal-plan feedback nearly all negative

Fraser Surrey Docks.
More than 3,000 views posted online, but only a handful show support

EMILY JACKSON
emily.jackson@metronews.ca

Before you open the public comments on a controversial coal project, Port Metro Vancouver warns: "Some emails in this document contain material that may not be appropriate for all audiences."

Needless to say, the feedback on proposed coal-export infrastructure at the Fraser Surrey Docks isn't exactly positive.

The port posted the comments — more than 3,000 of them — on its website over the weekend.

The port has promised to take these comments into account before it makes a decision on whether to issue a permit for the project, which would eventually handle up to 8 million tonnes of coal.

Sifting through the documents shows the overwhelming majority want the port to conduct a more thorough health assessment or nix the project altogether.

Indeed, Metro could only find a handful of comments in support of the environmental-impact assessment conducted by the Fraser Surrey Docks in its preliminary scan of the documents.

Protests

The period for public input on the environmental-impact assessment ended last week and was marked by two protests, one that turned "violent" after people dressed in Santa suits snuck into the port's offices.

"I value the nature that surrounds us but also realize that our need to support and protect our surroundings is directly tied to our ability to live and work here and pay taxes used to support it," wrote one lifetime Metro Vancouver resident who felt Fraser Surrey Docks had properly addressed all health concerns.

Others were less forgiving — "give your collective heads a shake" — though none of the comments seemed worthy of the port's warning.

Most thought the health-impact assessment was inadequate and that the port should not make a decision until the risks have been properly addressed.

Elderly get cellphones for safety

The Portland Hotel Society handed out 500 cellphones to seniors in the Downtown Eastside on Monday in an effort to keep them safe.

The effort was the brainchild of Sarah Blyth, a mental-health worker with the Portland Housing Society (PHS), who was discussing senior safety with a colleague a couple months ago.

"Where I work, there's staff that come in, but we don't check in on seniors all the time; they like their privacy. You then have to figure out how to make sure they're always safe," she said.

Blyth helped co-ordinate drop boxes across the city for people to leave used and unwanted cellphones.

Phones without a SIM card are still able to call emergency workers, which was the primary concern for Blyth.

The giveaway is similar to a project run by the Vancouver Police Department, where sex workers are given free cellphones to improve their safety.

With PHS setting a goal of 500 phones, any excess will be given to the VPD to give to sex workers. NICK WELLS/METRO

Donors

Wavefront — a local technology accelerator company — donated 300 cellphones. Vancity, Telus, the Vancouver Police Department, the City of Vancouver and Free Geek all added to the stockpile.

BOXING WEEK

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Hydro crews work around the clock to get lights on

Ice storm. Hundreds of thousands in Ontario, Quebec and New Brunswick may still be without power on Christmas Day

A crew subcontracted to assist with restoring power following the ice storm in Toronto works on a power line on Monday. MATTHEW SHERWOOD/THE CANADIAN PRESS

A nasty ice storm that left hundreds of thousands without power in Ontario and Quebec tracked through the Maritimes on Monday as authorities worked frantically to clear tree-strewn roadways, restore downed hydro lines and get stranded travellers to their destinations.

Hydro companies in the Greater Toronto Area — which appeared to be the hardest hit by the weather system — warned some residents to brace for the possibility of being without power until Boxing Day or later.

Some neighbourhoods resembled crime scenes with yellow police tape used to cordon off areas where electric wires or large trees had come crashing down over the weekend. Sidewalks around some high rise buildings were also closed off due to the risk of falling ice.

Meanwhile, travellers trying to get home for the holidays continued to face delays and cancellations on airlines and trains.

Environment Canada said the storm had hit Eastern Canada hard.

"It was a mighty blow," senior climatologist David Phillips told The Canadian Press. "It came at a really difficult time for people travelling and doing last-minute shopping.''

The weather agency said the system had turned particularly vicious thanks to a combination of warm air from Texas colliding with cold air over Canada to create a drawn-out period of freezing rain.

"We had freezing rain from south of London, all the way through to Ottawa and Montreal and southern Quebec and now today to central and southern New Brunswick, all of P.E.I. and most of Nova Scotia," said Phillips.

While the freezing rain was expected to peter out by Tuesday, Phillips warned the ice would remain as temperatures stayed below freezing.

"There's no natural melting going on," he said. "It's going to be human effort and endeavour that will get rid of the sheath of ice that's covering Eastern Canada."

The situation meant utility companies working to restore power to thousands of homes had to deal with the possibility that ice-laden tree limbs could continue to splinter, snapping power lines.

Crews were working around the clock to get the lights back on in cities and towns across Ontario, Quebec and New Brunswick, but warned there was a possibility not everyone would be reconnected by Christmas. THE CANADIAN PRESS

Power outages

- Though some 215,000 customers in the Greater Toronto Area were still without power, Toronto Mayor Rob Ford insisted Monday that Canada's largest city was not in a state of emergency.
- Elsewhere in Ontario, Power Stream, which serves Markham, Richmond Hill and Vaughan among other communities, reported 16,300 customers were still down.
- Meanwhile, Hydro One — which serves 1.3 million customers in Ontario communities that include Guelph, Peterborough and Walkerton — said more than 112,000 customers were still without power in smaller towns and rural areas.
- In Quebec, nearly 45,000 customers remained without power, largely in the province's Eastern Townships, as technicians worked to fix electricity lines and other equipment damaged by the storm.
- In New Brunswick, the freezing rain that continued to fall Monday hampered efforts to restore power to thousands of customers in the province's southwest. By mid afternoon, NB Power said more than 21,000 customers were without power.

Recovery efforts

2 dead from carbon monoxide

Police in Durham Region say two Newcastle residents are dead after carbon monoxide seeped into their home from a gas generator running in the garage.

Police say emergency services were called to the home at about 3:30 p.m. Monday regarding several people who were feeling ill.

A 52-year-old man and his 72-year-old mother were rushed to Lakeridge Health Bowmanville but did not survive. Their names have not been released.

Police say a gas-powered generator was running in the garage to supply electricity to heat the house, and although there was no access to the house from the garage, the dangerous fumes still got inside the home.

THE CANADIAN PRESS

Details under wraps. Transport inspector falsified safety reports

A Transport Canada inspector was dismissed for falsifying inspection reports but the department refuses to say anything more about the misdeeds in order to protect the former employee's privacy.

The department says that divulging even the mode of transport involved — rail, road, air or marine — would compromise the wrongdoer's rights.

A bare-bones description of the case was posted on the department's website for the fourth quarter of 2012-13 and additional information about a related "systemic problem" was mentioned in a report recently tabled in Parliament. THE CANADIAN PRESS

Heart health. Canadians 'need to do a lot better' to reduce heart-attack risk

Just one in 10 Canadians have ideal cardiovascular health, according to a new study published in the Canadian Medical Association Journal.

Even 50 per cent of children scored poorly in the groundbreaking study, which shows that the majority of the population needs to adopt a healthier lifestyle or risk cardiovascular disease — the second-leading cause of death in the country.

"The main message is that we need to do a lot better in terms of heart health if we want to reduce the incidence of heart attack or stroke occurring in Canada," says senior author Dr. Jack Tu.

TORSTAR NEWS SERVICE

Apollo 8. Astronaut relives spacecraft's 1968 Christmas Eve broadcast

An astronaut who was aboard the first manned spacecraft to orbit the moon is marking the mission's 45th anniversary in front of a piece of the actual spacecraft.

Retired Captain James Lovell Jr. re-enacted the Apollo 8's live Christmas Eve broadcast from 1968. During that broadcast, astronauts read verses of Genesis from the Bible.

On Monday, Lovell and several high school students took turns reading in front of an Apollo 8 module that's housed at Chicago's Museum of Science and Industry.

Lovell says they chose Genesis because it's central to three religions: Christianity, Judaism and Islam. THE ASSOCIATED PRESS

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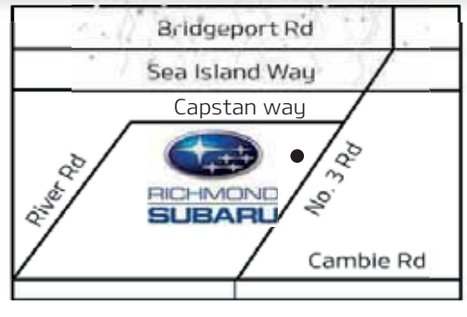

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Pussy Riot is free, but say it's not a victory

'This is a hoax and a PR move.' Band members say their release is a 'cosmetic measure,' call for ban on Olympics

Two members of the Russian punk band Pussy Riot walked free Monday, criticizing the amnesty measure that released them as a publicity stunt, with one calling for a boycott of the Winter Olympics to protest Russia's human-rights record.

Maria Alekhina and Nadezhda Tolokonnikova were granted amnesty last week in a move largely viewed as the Kremlin's attempt to soothe criticism of Russia before the Games in Sochi in February.

"I'm calling for a boycott of the Olympic Games," Tolokonnikova said. "What is happening today — releasing people just a few months before their term expires — is a cosmetic measure."

Another member of the band, Yekaterina Samutsevich, was previously released on a suspended sentence. All three were found guilty of hooliganism motivated by religious hatred and sentenced to two years in prison for a guerrilla performance at Moscow's main cathedral in March 2012.

Nadezhda Tolokonnikova, the third member of Russian punk bank Pussy Riot to be released from custody following an amnesty law passed by parliament, leaves prison in Krasnoyarsk, Russia, on Monday. TATYANA VISHNEVSKAYA/THE ASSOCIATED PRESS

The band members said their protest was meant to highlight their concern about increasingly close ties between the state and the church.

Russia's parliament passed the amnesty bill last week, allowing the release of thousands of inmates.

THE ASSOCIATED PRESS

Reputed Montreal mob boss Rizzuto is dead

Vito Rizzuto, the reputed head of the Montreal Mafia who built a powerful criminal organization with international tentacles, died in hospital Monday.

Rizzuto, 67, passed away of natural causes, said Maude Hebert-Chaput of Montreal's Sacre-Coeur Hospital.

His death raises questions about the future of the Rizzuto clan's decades-old empire, which was crippled by his 2006 extradition to the United States.

Rizzuto was arrested by Canadian authorities in 2004 and extradited two years later to the U.S., where he was convicted for his role in the 1981 murder of three Bonanno crime-family members in New York City.

He was sentenced to 10 years in prison, minus time served while awaiting extradition.

Following his October 2012 release, Rizzuto returned to Canada to a group of family and friends whose ranks had thinned considerably. THE CANADIAN PRESS

Vito Rizzuto
THE CANADIAN PRESS FILE

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Market Minute

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OIL $98.91 US (- $0. 41)

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Smartphones. Apple inks deal with China Mobile as it battles cheaper rivals

A woman using a mobile phone walks past Apple's logo near its retail outlet in Beijing Monday. THE ASSOCIATED PRESS

Apple's stock rose three per cent in morning trading on Monday, a day after the company announced a long-anticipated agreement to bring the iPhone to China Mobile, the world's biggest phone company.

The deal has the potential to boost iPhone sales in a market where Apple Inc. faces intense competition. But even with China Mobile Ltd.'s vast state-owned network, marketing power and more than 750 million mobile accounts, the iPhone has enormous challenges to overcome in the world's most populous nation.

Apple's smartphone is already available in China through two smaller carriers, and although it is popular with well-heeled Chinese customers, the iPhone is losing market share to lower-priced smartphones from Samsung and local brands.

THE ASSOCIATED PRESS

Mikhail Kalashnikov. Designer of AK-47 assault rifle dies at 94

Mikhail Kalashnikov said he slept well as the designer of the AK-47 assault rifle. THE ASSOCIATED PRESS FILE

Mikhail Kalashnikov started out wanting to make farm equipment, but the harvest he reaped was one of blood as the designer of the AK-47 assault rifle, the world's most popular firearm.

It was the carnage of the Second World War, when Nazi Germany overran much of the Soviet Union, which altered his course and made his name as well-known for bloodshed as Smith, Wesson and Colt. The distinctive shape of the gun, often called "a Kalashnikov," appeared on revolutionary flags and adorns memorabilia.

Kalashnikov died Monday at age 94 in a hospital in Izhevsk, the capital of the Udmurt Republic. THE ASSOCIATED PRESS

Same as Oct. 2012

October federal deficit totals $2.5B

The federal government ran a deficit of $2.5 billion in October, unchanged from the same month last year.

The monthly fiscal monitor said the fed's revenue slipped by $100 million as an increase in personal income tax and other sources was offset by lower revenue from corporate taxes and the GST.

Meanwhile, Ottawa's program spending increased by $100 million in October, while public debt charges fell $200 million. The Finance Department said it remains on track to balance the budget in 2015. THE CANADIAN PRESS

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HAPPY BIRTHDAY, CHRISTMAS BABY

SHE SAYS

Jessica Napier
metronews.ca

I'm going to take a moment to abuse my power as a newspaper columnist and send a very Happy Birthday shout-out to my boyfriend. Yes, my poor significant other has a dreaded Christmas Eve birthday. Even his name — Christopher — echoes the omnipresent holiday that falls on his special day.

Often overlooked and forgotten during the busy holiday season, he has quite a few childhood stories of birthdays spent alone at the ice rink and forced "half-birthday" celebrations in June that always seemed a bit lackluster.

He is not alone in his misery. Many Capricorn babies are quite vocal about their ill-timed birthdates and the dreaded Birthday-Christmas combo gifts. Why is it that a joint gift would be a complete outrage for an individual born in June but it's totally justifiable for anyone afflicted with a December 25th adjacent birthdate?

There are even parenting blogs dedicated to helping couples avoid conceiving a baby with a holiday due date. In case you're wondering, it's best to avoid the bedroom around the end of March if you want to skip a Christmastime delivery.

I am blessed with a mid-August birthday which always meant pool parties with friends and sun-kissed picnics in the park. I recognize how fortunate I am — I have never received a tree ornament as a birthday gift — and as such, I believe that all late December babies are fully entitled to their self-righteous whining. Sulk away Christmas babies! Because regardless of whether or not you choose to celebrate, this eternally merry and bright holiday is impossible to ignore.

Competing with Christmas is not an option and so yuletide birthdays will inevitably become an afterthought. Birthday gifts are wrapped in snowman-print paper, tinsel garlands adorn the hallways instead of balloons and banners, and an abundance of gingerbread cookies and candy canes are placed around the house so that requesting an actual birthday cake seems out of the question.

Worse still is the absence of people willing and available to celebrate your special day. Absentee friends are out of town or suffering from holiday party fatigue. Even those high school acquaintances you never speak to are too distracted to remember to leave an obligatory 'Happy Birthday' Facebook wall post.

Of course there are some perks: Everyone is already in a celebratory mood, you'll probably have the day off work or school, and you'll be surrounded by all of your family (this may or may not be a good thing). If you're very lucky, perhaps some sympathetic friends and family will try to overcompensate with some extra special attention.

But perhaps we can all take a little time this holiday season to do our part to make the neglected birthday boys and girls feel extra special. And please, no combo gifts.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Photog captures icy bear stare

COURTESY PAUL SOUDERS/NATIONAL GEOGRAPHIC PHOTO CONTEST

Polar bear pic wins top award

An eerie picture of a polar bear lurking beneath melting sea ice has won the grand prize of the 2013 National Geographic Photo Contest.

Seattle-based photographer Paul Souders captured this striking image last year in Hudson Bay, as the setting midnight sun glowed red from the smoke of distant fires. METRO

Q and A

'Hasn't been done before'

PAUL SOUDERS
Wildlife and travel photographer, 52, based in Seattle, Wash.

How did this photograph come about?
In July last year, I travelled to Churchill, Man., and in my inflatable zodiac boat I found one bear. She swam up to an iceberg, ducked under and stayed underwater for several seconds. She hung there, just below the surface, watching me, then came up for another breath before swimming away.

The polar bear looks pensive yet menacing. How does she seem to you?
It's so spooky, knowing that the bear was peering back at me, so watchful and curious. It really feels like a moment of communion and trust for me.

Why do you think it caught the judges' eyes?
It's pretty tough to create a picture that hasn't been done before, and I think maybe this is one of them.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Maybe you want to save the environment. Maybe you just want to save time. Or maybe it's Christmas Eve and you forgot to send your mother a card. No matter your reason, Metro has you covered with a few ways to use social media as a substitute for a holiday card.

Facebook:
The world's most popular social media site is actually pretty full-featured when it comes to disseminating holiday cheer. You can craft a simple status update, tag your friends and family in a post, or upload and share a Christmas-themed photo album.

Instaquote:
Available for both iOS and Android, this simple app lets you superimpose text onto Instagram shots. Grandma is sure to love a selfie captioned with "Season's Greetings!"

Touchnote.com:
If you just can't go without the tactile sensation of a tacky Christmas card, consider Touchnote. The site lets you make a card using their online editor and then actually mails it for you to. No more licking stamps!

Comments

RE: Nova Scotia Still Bucking Boxing Day Trend By Keeping Stores Closed On Dec. 26, published online Dec. 23

A government shouldn't even have any say on when a business can open or not. We live in a free country.
Mythos88 posted to metronews.ca

Good for N.S. and let's keep it up. Retail workers already get so few real holiday days (because most so called 'holidays' only benefit students/teachers and certain government workers) to spend with their families, now heaven forbid greedy people might have to, gasp, wait two days to buy their Boxing Day sales items!
Jillian posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Bruce Willis wallops the legacy of John McClane for a quick paycheque in A Good Way to Die Hard. CONTRIBUTED

The worst of film in 2013

Forgettable fare.
In a year of great films, there were still plenty of stinkers

NED EHRBAR
Metro World News in Hollywood

Yesterday we looked at some of the best films of 2013. Today, to balance out that bright note, we look at some of the dark spots of 2014.

Man of Steel

While there may have been many technically worse films this year, Zack Snyder's bombastic, tone-deaf update on Superman fails on a spectacularly higher level. Consider it a weighted grade. Moralizing, wanton destruction and clumsy product placement are a tough mix.

A Good Way to Die Hard

Bruce Willis further tarnishes the legacy of John McClane with this loud and unfun entry that's a Die Hard film in name only. Maybe he's squinting the whole time because he can't bear to look at what he's creating.

Safe Haven

Romance-loving audiences deserve better than this poorly executed dreck from the mind of bestseller Nicholas Sparks. From the wooden acting to the contrived plot to the limping pacing, this would've seemed bad as a Lifetime movie.

Free Birds

Kids' movies generally get more of a pass critically, but some things we can't let slide. Children deserve better than this odd, clumsy tale of turkeys stealing a time machine to change the menu at the first Thanksgiving.

The Last Stand

The kitschy 1980s action tropes that made Arnold Schwarzenegger a star just don't work anymore, as the former California governor painfully learned when no one showed up to see his first starring vehicle since returning to acting. Bizarre character actor Peter Stormare attempting a Texas accent almost makes it worth enduring. Almost.

The Host

There's a certain amount of satisfaction to be taken in watching Twilight guru Stephenie Meyer's attempt at a follow-up franchise crash and burn, but it's a shame it had to involve the lovely Saoirse Ronan. Still, she should come out of this fine.

Delivery Man

Listen, if Vince Vaughn isn't going to bother showing up for his films anymore, why should we? Paying to watch a haggard movie star sleepwalk through scenes doesn't sound like very much fun.

Stand Up Guys

Al Pacino and Christopher Walken as aging wiseguys felt like a throwback itself in all the wrong ways. And in a year dispiritingly full of signs of creeping chauvinism and misogyny, this was one of the worst offenders.

Romeo and Juliet

Julian Fellowes' take on Shakespeare's classic teens at least gave audiences a new appreciation for Baz Luhrmann.

Comedy

Grudge Match

Director. Peter Segal

Stars. Robert De Niro

Rocky or Raging Bull, who would prevail in a boxing match? That's the question asked in Grudge Match. Robert De Niro and Sylvester Stallone star as retired Pittsburgh boxers who get the chance to step back in the ring to settle a three decade old grudge and make "Kardashian sex tape" kind of money. This is a new story, occasionally funny and touching, but with lots of elements borrowed from other classic movies. **RICHARD CROUSE**

Biography/Comedy

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio

Set during Wall Street's cocaine and hookers era, The Wolf of Wall Street is based on real life brokers Jordan Belfort (Leonard DiCaprio) and Donnie Azoff (Jonah Hill), who snorted and scammed their way to the top, only to become the subject of an FBI investigation into financial corruption. With its fourth wall breaking narration, scandalous set pieces and absurd antics this is a wild cinematic experience. At three hours it's almost as excessive as Balfort's $26,000 dinners.
RICHARD CROUSE

Biography/Drama

Mandela: Long Walk to Freedom

Director. Justin Chadwick

Stars. Idris Elba, Naomie Harris

Nelson Mandela's life is so astonishing even Hollywood cannot seem to bring its incredulity to life. Based on his autobiography, Mandela: Long Walk to Freedom attempts to cram the subject's lifetime battle against apartheid into 139 minutes and the result only dilutes the measure of the late South African President's story. It winds up more encyclopedic than epic.
STEVE GOW

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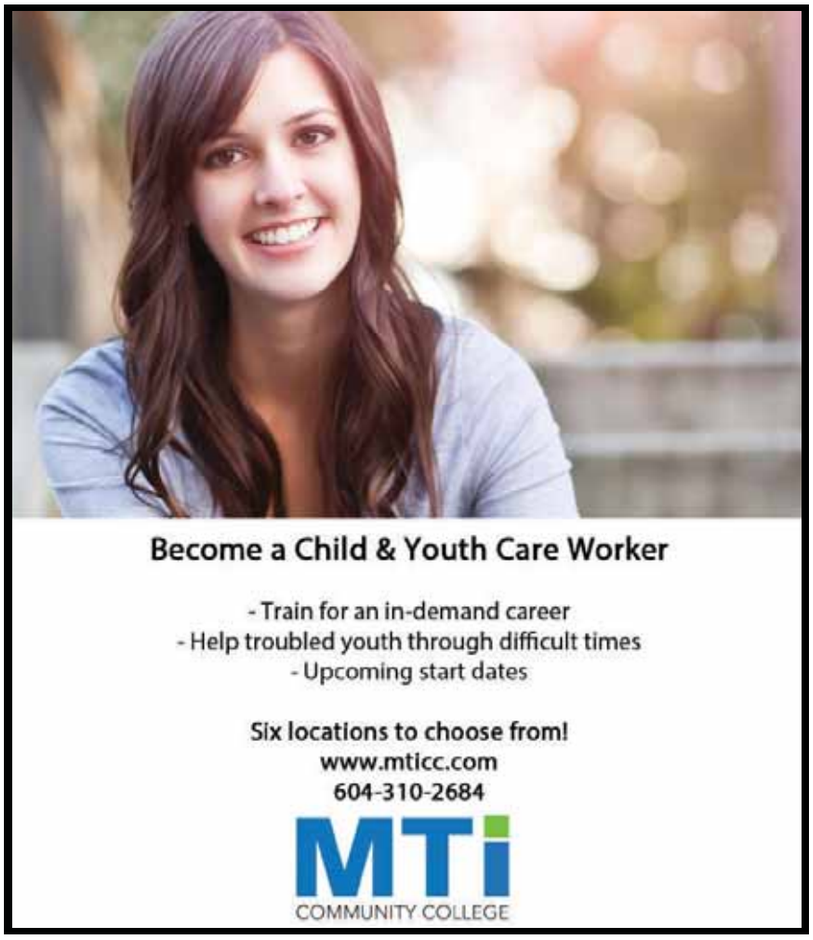
Twitter

@robdelaney
Just saw a Hasidic man & 2 Asian girls laugh at a dog knocking over a garbage can so don't even act like peace isn't possible guys.

@Brittanysnow
I bet cats really hate the fact that they can't hashtag #yolo

@RebelWilson
All this reminds me of when I got kicked out of an 'Open House' Pretty Woman style last weekend coz the broker thought I couldn't afford it



Attention Walmart shoppers, there's a Beyoncé in aisle four

The Queen Bey visited a Massachusetts Walmart before her Boston concert on Friday and spread some holiday cheer to the tune of $39,800.

The singer, who might be the only human alive (other than Yeezus, of course) rivaling Miley in the headline-making department, did a mic-check on a Tewskbury Walmart's PA system and announced that she would pay the first $50 of every customer's purchase.

Which, of course, is super nice. But also, what? What compelled Beyoncé (other than a top notch PR team who I'm sure gently suggested this might be a not-terrible stunt to pull) to casually drop by a Walmart in nowheresville, Mass., and pay for some last-minute holidays shoppers' layaway crap? I'm not saying it was a bad stunt, I'm just saying it's a random one. Anyway, this is all to say that Beyoncé's image as one of the most likable (and that's saying a lot, because it's pretty easy to hate someone so fabulous) ladies in the biz isn't in danger of cracking anytime soon.

METRO

Beyoncé

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Holidays in Hollywood

Looks like Duck Dynasty won't be without a home

PAT HEALY
Metro World News

Aw, here's a heartwarming story just in time for the holidays. Thanks to Hunt Channel — a Christian television network that markets almost exclusively in reality shows about Bible-lovin', gun-totin' folks who kill defenseless creatures for sport — Duck Dynasty will not go homeless if A&E decides to drop it on its redneck butt.

A lot of people are calling for the network to pull the plug on Duck Dynasty — surprisingly one of the highest-rated reality shows of all time (proof, I think, of the rapid decline of our intelligence as a society thanks to the Internet and sexting and global warming or whatever) — after patriarch in charge Phil Robertson's recent eloquent musings on homosexuality. And, apparently, the other Duck Dynasty cast members are among those calling for the show to be yanked.

Robertson's brood of fellow people who like to make the duckies go bye-bye with the boom boom stick have his back, and have recently gone on record saying that they don't want to do the show without him.

Fortunately, the Hunt Channel is making it their business to ensure that they won't have to. A Christmas miracle!

According to a TMZ report, Hunt channel owner Merrill Sport thinks that A&E should "put on their big boy pants" and support the cast of Duck Dynasty for being the unapologetic bigots they are. Further, Sport is more than happy to put on his own pair of big kid trousers and air the show himself. Because, at Hunt Channel, he says, "we don't censor our personalities."

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Healthy highs and lows this year

In our look back at 2013: HIV cures, HIV scares and how a pet can save your life

MICHELLE CASTILLO
Metro World News

The next-gen condom couldn't have come sooner. THINKSTOCK

LOW: U.S. porn industry shuts down three times due to HIV scare

Debbie didn't do many people this year. Numerous HIV-positive test results in the U.S. porn industry forced a moratorium on production while all potentially infected performers were re-tested for the virus. Current regulations require porn stars to be tested every 14 days in the U.S., limiting the number of people who could be exposed.

HIGH: The next-generation condom

No glove, no love may be the motto but many men, particularly in developing countries, remain adverse to the prophylactics. To encourage use, the Bill and Melinda Gates Foundation offered $100,000 to anyone that could come up with the next evolution of the male condom, with up to $1 million for additional research. Eleven ideas won the first-round funding, including a condom made out of bovine tendons.

HIGH: Baby "cured" of HIV

While a cure for HIV and AIDS still remains elusive, doctors in Mississippi claimed to have eradicated the HIV virus from a baby by giving her a three-drug regiment within 30 hours of her birth. The mother of the child had not received any pre-natal treatment to prevent transmission, and a blood test had determined that the child was HIV positive at the time of birth. The child, who was two and a half years old at the time of the March announcement, no longer has any traces of the HIV virus in her blood.

HIGH: Face transplants

The practice of transplanting another person's face onto a patient has been around for a few years — and not just on Nip/Tuck. This year, however, marked many improvements in the field. Polish doctors claimed to complete the world's fastest face transplant — a 27-hour procedure just three weeks after the patient's accident.

Meanwhile, several patients in the U.S. who received facial transplants in 2012 were shown to have improved facial sensation just one year later.

LOW: Emergency birth control doesn't work ... sometimes

European pharmaceutical regulators approved a warning label change that would alert users of Norlevo (levonorgestrel) that it loses potency for women over 165 pounds and does not work in women over 176 pounds. The morning-after pill is a form of emergency birth control that was supposed to prevent pregnancy within 72 hours after having unprotected sexual intercourse.

HIGH: A big year for ART

Across the world, more than 5 million screaming bundles of joy are born to people who may otherwise never have the experience of having a child without fertility treatments. More than half of the 5 million ART babies have been born in just the last six years, meaning the technology is improving.

HIGH: Get a pet, save your life

If you need another reason to convince yourself to get a pet, the American Heart Association confirmed what was once an old wives' tale: that having a pet was linked to lower heart disease, lower blood pressure, lower cholesterol levels and lower levels of obesity.

LOW: Heroin-like drug spreads overseas

For years, Russia has battled a problem with krokodil or desomorphine, an opioid drug in the same family as heroin and oxycodone. It is more potent than morphine, and is easily made with codeine, paint thinner, gasoline and other over-the-counter products. It also is so toxic that it causes flesh to rot off the user's bones, and the average abuser dies two to three years after beginning to use.

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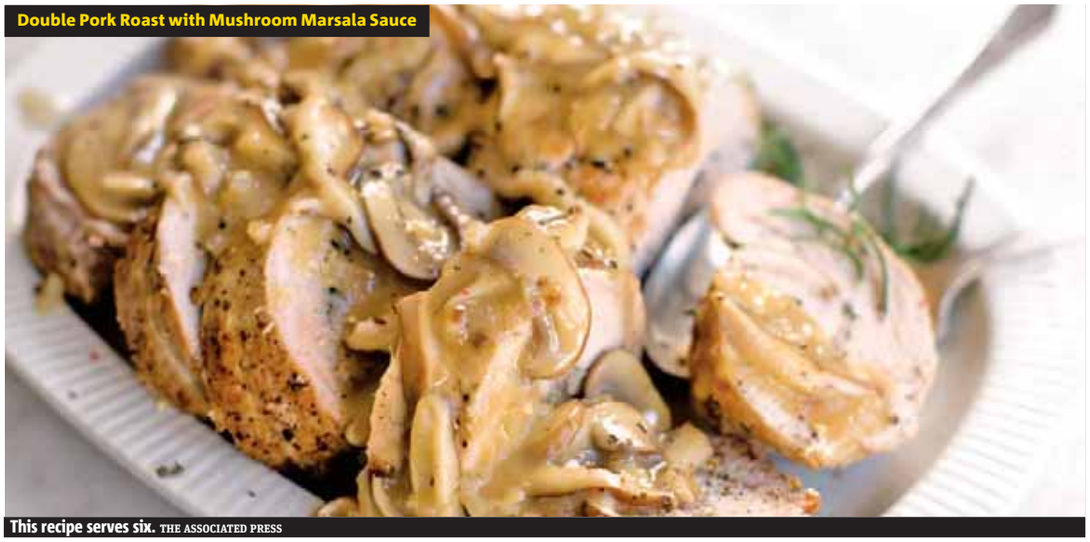
Lean pork tenderloin gets a flavour boost from prosciutto, mushrooms and fresh herbs

My choice for an elegant holiday dinner? It's hard to beat a roast, and more often than not my pick is a lean and moist pork tenderloin.

But let's face it, as much as we want to be healthy, there is such a thing as roast that is too lean. A lack of fat often means a lack of flavour. So how to make up this deficit? With plenty of high-flavour ingredients such as prosciutto, fresh herbs, mushrooms and wine.

Prosciutto packs a ton of flavour, and the slight amount of fat it adds is well worth it.



Double Pork Roast with Mushroom Marsala Sauce

This recipe serves six. THE ASSOCIATED PRESS

Ingredients

- 2 pork tenderloin roasts (3/4 to 1 lb each), trimmed of all fat
- 2 tbsp packed fresh rosemary leaves, chopped
- 2 tbsp packed fresh thyme leaves, chopped
- 4 oz thinly sliced prosciutto
- 3 tbsp extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 1/2 cup finely chopped shallots or onion
- 1/2 lb mushrooms (cremini, white button, shiitake, oyster or a mix), trimmed and sliced
- 1/2 cup dry Marsala wine
- 1 1/4 cups low-sodium chicken broth
- 1 tbsp all-purpose flour

1. Heat the oven to 350 F. Cut down through each tenderloin lengthwise so that you can open it up like a book, but do not cut all the way through. Sprinkle water on the cutting board under the tenderloin and sprinkle a little water on top of the tenderloin (this will help prevent the meat from tearing when you pound it). Cover the tenderloin with plastic wrap and pound the meat using a meat mallet or rolling pin until it is about 1/2-inch thick.

2. Sprinkle half the rosemary and thyme leaves all over the inside of each butterflied and pounded pork tenderloin and spread the prosciutto evenly in one layer over the herbs. Beginning with the long end, roll up the tenderloin tightly, tucking in the ends (as you would a burrito). Use kitchen twine to tie the roll in a bundle, tying it every 2 inches.

3. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Season the pork lightly on all sides with salt and pepper, then add it to the skillet. Sear until golden brown on all sides. Transfer the pork to a shallow baking pan, then roast on the oven's middle shelf until the centre reaches 145 F, about 20 to 25 minutes. Remove the pork from the oven and cover loosely with foil.

4. Meanwhile, make the sauce. Return the skillet to medium heat. Add the remaining 2 tablespoons of oil and the shallots and cook, stirring, until the shallots are golden. Add the mushrooms and cook, stirring often, until the mushrooms give off all their liquid and are lightly browned.

5. Add the Marsala and simmer until almost all of it is reduced. Add 1 cup of the chicken broth and bring back to a boil. In a small bowl whisk the remaining 1/4 cup of chicken broth with the flour. Add the flour mixture to the skillet in a stream while whisking and simmer for 2 minutes. Add any juices that have accumulated from the resting pork to the sauce.

6. Slice the pork crosswise into 1-inch-thick slices. Transfer several slices to each of 6 serving plates. Spoon some of the mushroom sauce over each serving.

SARA MOULTON/THE ASSOCIATED PRESS

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Five steps to becoming a millionaire

Entrepreneurship. Kim Kaupe describes how to go it alone, even if you don't have start-up cash or a business background

EMILY LAURENCE
Metro World News

Three years ago, 28-year-old Kim Kaupe quit her job to pursue a business idea she brainstormed with her co-founder. Now, she's the head of multi-million dollar company ZinePak. Like many people who have a gem of an idea, Kaupe didn't have a business background or any start-up money. Still, she went for it. Kaupe shares her tips with us so you can pursue your own great idea.

1. Find a hole in the marketplace

"I worked at Brides magazine for two years and then got a job at an ad agency. One of my co-workers at the agency used to work at Sony Records. We hatched this idea of putting magazines and music together, and out came ZinePak. We wanted to create special packages for fans. It was something that didn't exist before."

Quoted

"If you have an idea, tell everyone you can. You never know who that person might know."

Kim Kaupe, co-founder of ZinePak

2. Partner with someone who has the strengths you lack

"My business partner and I fit together perfectly because one of us has the strengths that the other person doesn't. Find someone you gel with and shares your views, but also brings a unique perspective."

3. Tell everyone your idea

"There's this common misconception that when you come up with a great idea, you have to keep it to yourself because someone will steal it. It's really the opposite. If you have an idea, tell everyone you can. You never know who that person might know. Or, they could have a way for you to improve your idea that you haven't thought of. We changed our entire product based on a suggestion a random customer emailed us. It pays to listen — literally."

4. If you're not an expert, find people who are

"Neither my partner nor I had a background in business. Going to meet-ups was essential for growing our business. There are meet-ups for everything: small business owner meet-ups, tech meet-ups, entrepreneur meet-ups... When I first started out, I thought I was the only person in the world who faced certain problems. But chances are, most other entrepreneurs that you talk to have wanted to throw their Quickbooks out the window too and might have a great suggestion that can help you. Whatever you need to learn how to do that you can't Google, there's someone out there who can help you."

Kim Kaupe, co-founder of ZinePak, suggests attending small-business meetups. CONTRIBUTED

5. Keep your overhead low

"The first year, my business partner and I worked from home using only our computers, cellphones and brains. It was just us hustling and cold calling, saying 'Let us make this awesome product for you.' The less supplies you have to buy, the more money you'll make. Think, do you really need a warehouse or paper printing machine? Chances are there's a company out there who it's cheaper to pay than renting space or buying all the materials yourself."

How to eat, drink and stay healthy this holiday

Pace yourself: try to have a glass of water for each glass of alcohol. ISTOCK

The holidays are a time to burn your candles at both ends, but you have to be careful to not flame out. The pressure created by a combination of social events, family get-togethers, shopping and financial stress can easily weaken or overwhelm your immune system.

Eating

Make sure you neither eat too much, nor too little. Overindulging will not only put on a few extra holiday pounds, but makes you more likely to develop esophageal reflux from a distended stomach at bedtime. This overnight trickle of stomach acid bubbling up into the back of your throat while lying flat in bed can not only cause heartburn but may also lead to a sore throat or dry cough.

This is not only a nuisance that is often mistaken for an upper respiratory infection (common cold), but may actually increase your odds of getting a sinus infection or bronchitis by decreasing your resistance. Eating too little may make you more likely to get intoxicated, as the alcohol in a glass of holiday cheer is absorbed much more quickly from an empty stomach.

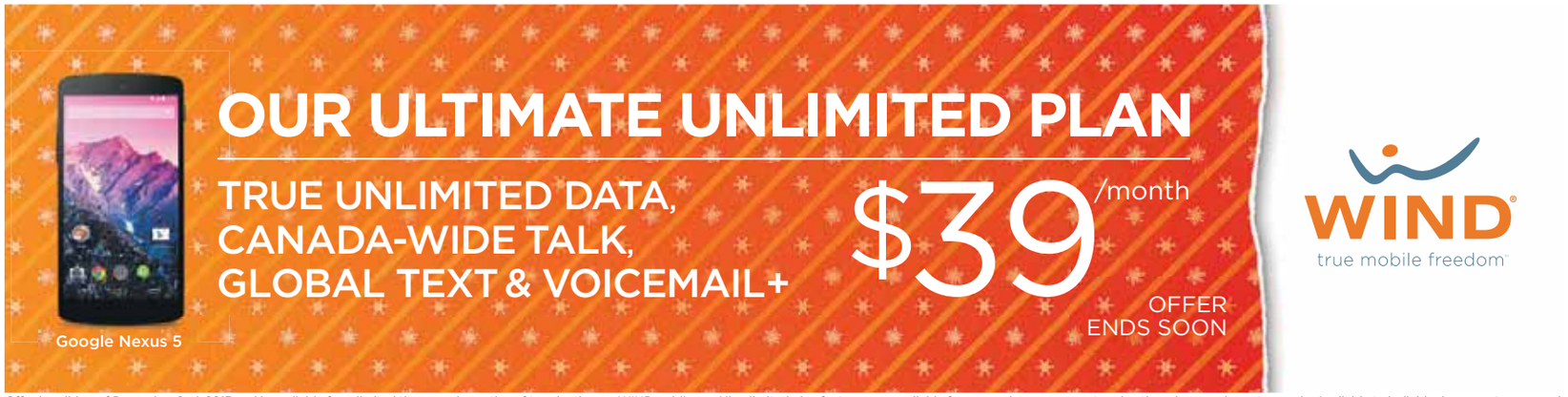
Drinking

With so many social obligations and reasons to celebrate, there is ample opportunity to drink alcohol on a daily basis — and lots of it. Try to drink a glass of water with each alcoholic beverage (one for one). Don't drink and drive, and don't let your friends drink and drive.

Being healthy

The 2013-14 influenza season has officially arrived in North America and there are any variety of cold viruses around that have been making people miserable with sore throats, nasal congestion and coughs.

Shaking hands, kissing under the mistletoe and travelling on a plane can all spread illness rapidly. Get a flu shot, wash your hands frequently, keep your hands away from your face and blow kisses where you can. METRO



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Hayley Wickenheiser signs autographs following the naming of the team that will compete in the 2014 Olympic Winter Games in Sochi, Russia, during a news conference in Calgary, Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Less experience, more depth: Wickenheiser

Sochi 2014. National Olympic team roster finalized after coaching shakeup, player cuts

Canada's Olympic women's hockey team has less experience than two previous editions, but believes it has the speed and skill to defend the gold medal in Sochi, Russia.

The 21-player roster that will attempt to win a fourth consecutive Olympic gold in women's hockey was finalized Monday after the release of three players.

The 2014 squad includes a dozen players who beat the U.S. women 2-0 in the 2010 final in Vancouver. The 2010 and 2006 squads each carried over 14 players from the previous Winter Games.

The team

- **Goaltenders.** Shannon Szabados, Alta.; Genevieve Lacasse, Ont.; Charline Labonte, Que.
- **Defenceman.** Jocelyne Larocque, Man.; Lauriane Rougeau, Que.; Laura Fortino, Ont.; Meaghan Mikkelson, Alta.; Catherine Ward, Que.; Tara Watchorn, Ont.
- **Forwards.** Meghan Agosta-Marciano, Ont.; Rebecca Johnston, Ont.; Jennifer Wakefield, Ont.; Gillian Apps, Ont.; Caroline Ouellette, Que.; Melodie Daoust, Que.; Jayna Hefford, Ont.; Brianne Jenner, Ont.; Haley Irwin, Ont.; Hayley Wickenheiser, Sask.; Natalie Spooner, Ont.; Marie-Philip Poulin, Que.

"We're a little bit younger in the experience department," admitted forward Hayley Wickenheiser.

"We're very similar in the type of style we're going to play — a tight forechecking style and trying to counteract with a lot of speed. We have a little bit more offensive depth on the back end than in 2010 so we'll be counting on them to jump into the attack.

"Goaltending is as good or better. Maybe a little bit more depth overall."

Canada opens their gold-medal defence Feb. 8 against Switzerland. The final is Feb. 20 at the Bolshoy Ice Dome.

THE CANADIAN PRESS

NFL

Niners clinch berth at 11th hour

NaVorro Bowman returned an interception 89 yards for a touchdown with 1:10 remaining, and the San Francisco 49ers clinched a playoff berth with a wild 34-24 victory against the Atlanta Falcons on Monday night in the final regular-season game at Candlestick Park.

Tramaine Brock broke up a pass intended for Harry Douglas and Bowman got his hands on the ball and took off, then received a celebratory dog pile from teammates in the end zone.

Matt Ryan threw a 39-yard touchdown pass to Roddy White with 8:42 remaining and a two-yard score to Tony Gonzalez with 2:09 left as the Falcons (4-11) made things interesting until the end.

THE ASSOCIATED PRESS

World juniors

Drouin, Horvat, McDavid help Canada top Swiss

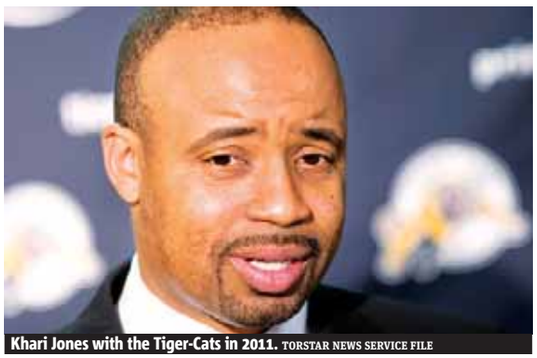
Jonathan Drouin scored twice to lead Canada's national junior hockey squad to a 4-1 exhibition win over Switzerland on Monday.

It was the final tune-up for Canada, which opens the world junior tournament Thursday against Germany.

Canada finished with a 2-1 exhibition record but was coming off a 3-0 loss to Sweden on Sunday.

Bo Horvat and Connor McDavid had the other goals for Canada. Jake Paterson stopped 23 shots in goal. THE CANADIAN PRESS

Jones goes from Riderville to B.C. Lions



Khari Jones with the Tiger-Cats in 2011. TORSTAR NEWS SERVICE FILE

The B.C. Lions named Khari Jones as their new offensive co-ordinator Monday.

Jones joins the Lions after two seasons as the quarterbacks coach with the Grey Cup-champion Saskatchewan Roughriders.

"Khari is a young, fresh football mind that brings a key combination of significant playing and coaching experience to the role of offensive co-ordinator," Lions head coach Mike Benevides said in a statement. "After a number of conversations with Khari over the past couple of weeks, I am very excited about his positive approach to the game, the offensive concepts he will bring to our offence and how they will translate on the field.

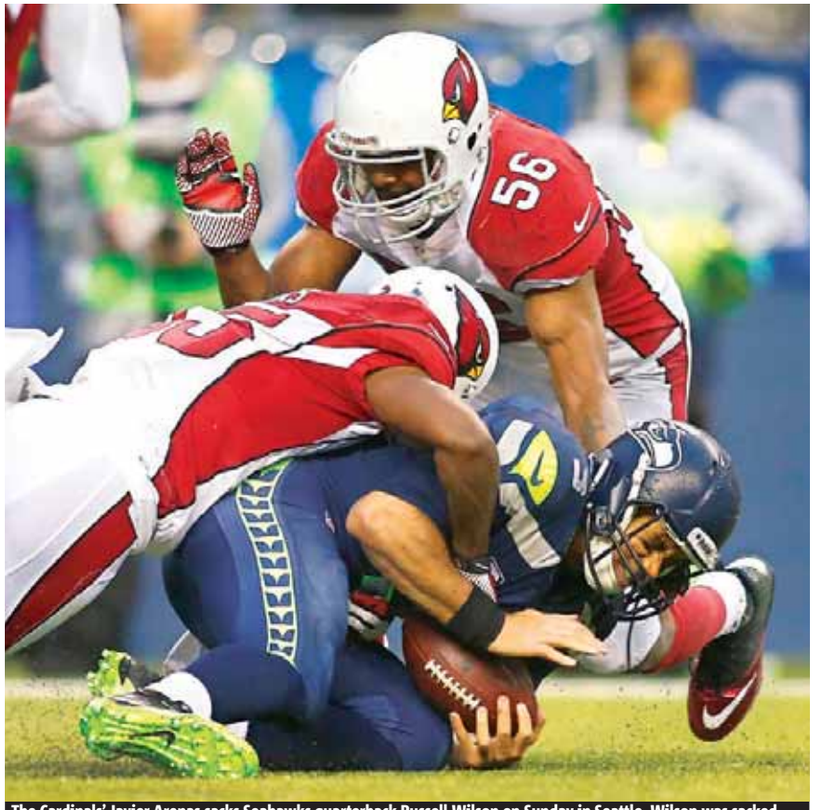
Prior to joining the Riders, Jones served as Hamilton's offensive co-ordinator in 2011. Jones began his CFL coaching career as the Ticats' quarterbacks coach in '09.

Jones began his CFL playing career as a quarterback with the Lions in '97 before being dealt to Winnipeg in 2000. In 2001, Jones was named the league's outstanding player after guiding the Bombers to a 14-4 regular-season record.

Jones also played for Calgary (2004) and Hamilton (2005) and twice went to training camp with Edmonton before joining CBC's CFL broadcast crew in 2006.

"It's an honour to return to the same organization that gave me an opportunity to play in this great league many years ago," said Jones.

THE CANADIAN PRESS



The Cardinals' Javier Arenas sacks Seahawks quarterback Russell Wilson on Sunday in Seattle. Wilson was sacked four times and had his worst passer rating of the season in a 17-10 loss. JONATHAN FERREY/GETTY IMAGES

Seahawks go back to work at building home invincibility

NFL. Seattle had its 14-game winning streak at CenturyLink Field snapped by Arizona

The last time Pete Carroll experienced losing at home the Seattle Seahawks were on their way to a 7-9 regular season.

The last time Russell Wilson experienced losing at home he was a 21-year-old junior at North Carolina State still two seasons away from the NFL.

Consider a bit of the Seahawks' (12-3) invincibility at home diminished after Arizona became the unlikely candidate to snap Seattle's 14-game home win streak with a 17-10 victory on Sunday.

"We just weren't sharp that way we would have liked to have been," Carroll said on Monday. "We really feel like a lot of that was us. We had chances."

Not surprising, Carroll and Wilson were two of the first people inside the Seahawks facility Monday morning, analyzing the game film to try and figure out why Arizona had so much success flustering Wilson and Seattle's offence. Carroll said when he arrived at 4:45 a.m., Wilson was already in the building.

The Seahawks finished with 192 yards, were 2-for-13 on third-down conversions and didn't find the end zone until midway through the fourth quarter.

The loss pushed Seattle's attempt to win the NFC West and wrap up home-field advantage in the conference to the final week of the regular season.

And Carroll was on top of his team right after Sunday's loss, spending time with select players in the locker-room to make sure they were putting the Arizona loss in proper perspective and were immediately turning their attention to the finale against St. Louis.

"I wanted to make sure the guys would have the right thought in mind and carry the right message and they would understand," Carroll said. "With so much frustration coming off the field, it's a lot to ask guys to turn but we did." THE ASSOCIATED PRESS

3 and out

In the past three games, Seattle is 30th in the NFL in third-down conversions at 26 per cent after being at 40.5 per cent through the first 12 games.

NBA

Parker, Spurs hold off pesky Raptors

Tony Parker had 26 points and eight assists and the San Antonio Spurs beat the Toronto Raptors 112-99 Monday night.

Manu Ginobili had 18 points and Danny Green was 4-for-6 on three-pointers in scoring 14 points for San Antonio (21-7).

Kyle Lowry and Terrence Ross had 23 points each for Toronto (11-15).

The Raptors had won two straight and four of five entering Monday's game. They got within three or less on numerous occasions in the second half, but couldn't complete the rallies. THE ASSOCIATED PRESS

Raptors guard Kyle Lowry passes between Spurs Patty Mills and Tiago Splitter on Monday. THE ASSOCIATED PRESS

NFL. Manning, Broncos may not be done breaking single-season records

Peyton Manning says his 51-touchdown record will be short-lived, suggesting Tom Brady will take it back soon enough.

Or, for that matter, any number of other quarterbacks could break it should NFL owners get their way and expand the season to 18 games.

Perhaps he's just being pragmatic. Maybe he's just being modest.

"I think if it does go to 18 games, I think that is a practical assessment," said tight end Julius Thomas, who caught the record-breaker in Denver's 37-13 win at Houston on Sunday. "Those two extra games would give a quarterback two additional opportunities to go out there and put more touchdowns on the board.

"I think that will skew a lot of records. But you know he's also a modest person. That's who he is. It's pretty remarkable to throw 51 touchdowns. I believe records are meant to be broken and most are broken. But that's one that could stand for a while."

Manning began the season by becoming the first QB since 1969 to throw for seven TDs in a game, one of eight games this season in which he's thrown for four or more touchdowns.

Peyton Manning GETTY IMAGES

After breaking Brady's single-season touchdown record of 50 on Sunday, Manning is 266 yards from breaking Drew Brees' single-season mark for yards passing. The Broncos are 18 points shy of setting a single-season scoring record and 28 points from becoming the league's first 600-point team.

They're already the first team in NFL history with five players with at least 10 touchdowns. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	37	25	10	2	106	77	52
Tampa Bay	37	23	11	3	106	87	49
Montreal	38	22	13	3	96	84	47
Detroit	39	17	13	9	99	108	43
Toronto	39	18	16	5	106	113	41
Ottawa	39	15	17	7	111	126	37
Florida	38	14	19	5	88	123	33
Buffalo	37	10	24	3	66	105	23

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	39	27	11	1	121	88	55
Washington	37	19	14	4	117	112	42
Philadelphia	37	17	16	4	93	104	38
NY Rangers	38	18	18	2	88	102	38
New Jersey	38	15	16	7	92	99	37
Columbus	37	16	17	4	101	106	36
Carolina	37	14	15	8	86	105	36
NY Islanders	38	11	20	7	96	129	29

Monday's results
NY Rangers 2 Toronto 1 (SO)
Ottawa 5 Pittsburgh 0
NY Islanders 3 Detroit 0
Tampa Bay 6 Florida 1
Anaheim 3 Washington 2
Columbus 4 Carolina 3
Buffalo 2 Phoenix 1 (OT)
Philadelphia 4 Minnesota 1
Chicago 5 New Jersey 2
Boston 6 Nashville 2
Calgary 4 St. Louis 3 (SO)
Edmonton 6 Winnipeg 2
Dallas at Los Angeles
Colorado at San Jose

Sunday's results
NY Rangers 4 Minnesota 1
Vancouver 2 Winnipeg 1

Friday's games
Ottawa at Boston, 7 p.m.
Buffalo at **Toronto**, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Columbus at New Jersey, 7 p.m.
NY Rangers at Washington, 7 p.m.
Colorado at Chicago, 8 p.m.
Minnesota at Winnipeg, 8 p.m.
Nashville at Dallas, 8:30 p.m.
Edmonton at Calgary, 9 p.m.
San Jose at Phoenix, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	39	26	7	6	145	107	58
St. Louis	36	24	7	5	128	85	53
Colorado	35	23	10	2	102	83	48
Minnesota	39	20	14	5	88	96	45
Dallas	35	17	12	6	101	105	40
Winnipeg	39	16	18	5	103	116	37
Nashville	37	16	17	4	85	109	36

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	39	27	7	5	127	98	59
Los Angeles	37	25	8	4	104	71	54
San Jose	36	22	8	6	116	90	50
Vancouver	39	22	11	6	106	93	50
Phoenix	36	19	10	7	111	110	45
Calgary	37	14	17	6	95	118	34
Edmonton	39	12	24	3	101	135	27

Note: 2 points for a win, 1 point for overtime loss.

Saturday's games
Detroit at Florida, 7 p.m.
Boston at Ottawa, 7 p.m.
Montreal at Tampa Bay, 7 p.m.
New Jersey at NY Islanders, 7 p.m.
Los Angeles at Nashville, 8 p.m.
Chicago at St. Louis, 8 p.m.
Phoenix at Anaheim, 8 p.m.
Philadelphia at Edmonton, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	20	34	54
Kane, Chi	21	27	48
Getzlaf, Ana	19	24	43
Ovechkin, Wash	30	11	41
Malkin, Pgh	9	32	41
Backstrom, Wash	8	33	41
Perry, Ana	22	18	40
Kunitz, Pgh	20	19	39
Steen, StL	24	14	38
Tavares, NYI	13	25	38
Thornton, SJ	5	32	37
Seguin, Dal	18	17	35
Marleau, SJ	16	19	35
Sharp, Chi	16	18	34
St. Louis, TBL	15	19	34
Karlsson, Ott	9	25	34
Kessel, Tor	17	16	33
Duchene, Col	16	17	33

Monday's games not included

NFL

WEEK 16

Monday's result
San Francisco 34 Atlanta 24

Sunday's results
Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16
Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Philadelphia 54 Chicago 11

NBA

Monday's results
Charlotte 111 Milwaukee 110 (OT)
New York 103 Orlando 98
Detroit 115 Cleveland 92
Indiana 103 Brooklyn 86
Memphis 104 Utah 94
Dallas 111 Houston 104
Miami 122 Atlanta 121 (OT)
San Antonio 112 Toronto 99
Golden State 89 Denver 81
Phoenix 117 L.A. Lakers 90
New Orleans at Sacramento

Sunday's results
Indiana 106 Boston 79
Toronto 104 Oklahoma City 98
L.A. Clippers 120 Minnesota 116 (OT)

Wednesday's games
Chicago at Brooklyn, noon
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.

Thursday's games
Atlanta at Cleveland, 7 p.m.
Memphis at Houston, 8 p.m.
San Antonio at Dallas, 8:30 p.m.
L.A. Clippers at Portland, 10:30 p.m.

ON TOP WHERE IT BELONGS

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ON TOP WHERE IT BELONGS

mazda

Buick Regal could rule the roads

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Buick Regal. One step closer to being first choice over a Euro sedan instead of an alternative

MALCOLM GUNN
wheelbasemedia.com

The Euro-inspired, North America-built Buick Regal represents a significant shift in thinking for General Motors' entry-premium division.

Since its 2012-model-year-arrival, the Regal has dared to challenge similar BMW, Mercedes-Benz and Audi offerings. It has also become a viable alternative for mid-size entry-luxury buyers, regardless of national origin. Along with the subsequent introduction of the smaller Verano sedan and even smaller Encore wagon, Buick has likely left the dwindling knot of traditional Buick buyers wondering what has become of their cherished brand.

Inside, the reshaped dashboard has a 4.2-inch (10.7 centimetre) display screen between the dual gauge pods that shows basic vehicle info. In addition, a new eight-inch (20-centimetre) touch screen for the climate, navigation, communications and infotainment systems can also be operated through steering-wheel controls.

Under the hood has been simplified. Previously, you could pick between the base turbo-charged 2.0-litre four-cylinder engine with 220 horsepower and 258-pound-feet of torque, and a version that made 270 horsepower and 270 pound-feet of torque (the GS model). Newly optional for turbo models is an all-wheel-drive system that in normal driving splits the torque equally between the front and rear tires, but can deploy up to 90 per cent to the rears when the front wheels start to lose traction. AWD is not offered for the optional (and non-turbo-charged) 2.4-litre four-cylinder engine that combines with a 15-horsepower electric motor and lithium-ion battery pack to make 182 horsepower and 172 pound-feet of torque.

The partial-hybrid system, called eAssist, controls the car's stop-start function to conserve fuel at stoplights and in stop-and-go traffic. The eAssist also kicks in when the Regal is accelerating, but unlike a "full hybrid" powertrain, the electric motor never operates independently of the gas engine. A six-speed automatic is the sole eAssist transmission choice.

The AWD option allows the Regal to keep up with the changing times and the competition, as does the availability of camera-based blind-spot warning and cross-traffic alerts, the latter of which points out traffic that's crossing into your back-up path. There's also forward-collision warning that lets you know when you're too close to traffic in front.

Regal shoppers can choose from base, Premium I, Premium II and GS models. For $34,800 (including destination charges), the base car arrives with a considerable load of gear, including dual-zone climate control, leather seat covers (heated in front), 12-way power driver's seat and an electric parking brake. Other items, such as a power sunroof, navigation with rear-vision camera and an up-level nine-speaker Bose-brand sound system, are added as you move up the trim levels.

At the GS plateau, the standard-equipment list encompasses unique front- and rear-end designs, aero side cladding and rear spoiler, and available 20-inch wheels (19-inchers are standard GS fare, while 17s come on eAssist models). GS models also arrive with larger Brembo-brand front brakes, sport suspension setup and a selectable GS sport mode that increases steering effort, firms up the shock damping and alters the transmission shift points for more spirited driving. Anyway you slice it, the Regal's broader appeal and competitive price tag places it in a closer league with its European and North American mid-size sedan rivals and is a real feather in Buick's cap.

2014 Buick Regal

- **Type.** Four-door, front- /all-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (259); 2.4-litre DOHC I4 (182)
- **Transmissions.** Six-speed automatic; six-speed manual (opt.)
- **Base price (incl. destination).** $34,800

Design

For the 2014 model year, the Regal receives mid-production cycle adjustments that begin with front and rear restyling, including a more prominent grille plus new front and rear LED lighting.

Fuel economy

For 2014, it's down to a single turbo engine pegged at 259 horsepower and a stout 295 pound-feet. It's rated at 10.1 l/100 km in the city and 6.6 on the highway with the six-speed automatic transmission, and 10.2/6.3 with the six-speed manual (available only with the GS).

The Buick's interface can change depending on what you want to know.

Compare

1 Acura TL
Base price: $42,000

2 Cadillac ATS
Base price: $37,000

3 Volvo S60
Base price: $40,850

The 2014 Chevrolet Camaro Z/28

Dream Car Put together from existing parts, it's a true hotrod Camaro built for the speed lovers

MALCOLM GUNN
wheelbasemedia.com

Satisfy your primal automotive desires in the very pacy Z/28, and all for $70K. ALL IMAGES WHEELBASE

The Z/28's engine is the 505-horsepower LS7 7.0-litre (427-cubic-inch)

The Z/28 omits some standard creature comforts in the interest of saving weight, such as air conditioning, which is optional.

You would think that the most expensive street-legal Camaro coupe ever made would at least include air conditioning, a fancy stereo, power-adjustable seats and possibly a competition-beating supercharged engine.

But that's not the case with the Z/28, a designation that conjures up images of high-winding, race-bred Camaros dating back to 1967. However, you likely won't hear any price complaints from eager buyers who are expected to gobble up the first year's production run of 1,500 vehicles as fast as they depart the factory floor beginning in early 2014.

Although more than capable on the street, the "Z" was really created (or re-created, since the Z/28 label along with the previous-generation Camaro were retired after the 2002 model year) to perform in stellar fashion in competition. For drivers who would rather put in some fast laps around the racetrack than putt their way around a golf course on weekends, this is the Camaro of their dreams.

For such a low-volume model, Chevy's engineers invested considerable time and effort to ensure the Z/28 will live up to its past glory and lay a beating on high-priced competitors. Part of that process included pruning some weight, including the deletion of the power-seat adjusters, eliminating the rear-seat frame and trunk pass-through structure, installing thinner rear window glass and transferring the air conditioning unit over to the options list.

2014 Chevrolet Camaro Z/28

- **Type.** Two-door, rear-wheel-drive coupe
- **Engines (hp).** 7.0-litre OHV V8 (505)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** $70,000

Additionally, Chevrolet has reduced the wheel diameter to 19 inches from the 20-inch units used on the Camaro SS 1LE track car and ZL1 models, thus eliminating 18.6 kilograms in unsprung weight while lowering the car's centre of gravity.

Overall, the Z/28 weighs about 135 kilograms less than the ZL1 model — the heaviest Camaro, by the way — that runs with a supercharged 6.2-litre V8 rated at 580 horsepower and 556 pound-feet of torque. The Z/28 actually weighs about the same as a base V8 Camaro.

To do this, the car instead borrows the 2013 Chevrolet Corvette Z06's high-revving 7.0-litre non-supercharged V8 engine that makes 505 horsepower and 481 pound-feet of torque. Without a supercharger, the 7.0 weighs 29 kilograms less than the 6.2 engine found in the Camaro ZL1.

As with the Z06, the Z/28 uses a dry-sump oil system (a 10-litre remote tank instead of the usual oil pan) to ensure a continuous oil stream to all vital components during high-speed manoeuvres.

As well, engine and transmission/differential oil coolers reduce heat build-up and aid reliability when these components are pushed to the max. This is also good insurance since the Z/28's powertrain warranty also covers extracurricular track use.

What the Z/28 does share with its ZL1 counterpart is a close-ratio six-speed manual transmission that, like the car's extra-stiff suspension and unique shock dampers, has been beefed up for the rigours of track duty.

Numerically, the Z/28 falls short of the ZL1 in terms of raw horsepower and torque, but the Z/28 is likely much quicker around a racetrack, simply because it's built more for that purpose.

Along with its reduced heft over the ZL1, the Z/28 features plenty of race-bred tricks up its sleeves. Aerodynamic upgrades include a lower chin spoiler (called a splitter), front and rear fender flares, rocker panel moldings and a hood vent for ducting otherwise trapped air from the engine compartment. As well, an aggressively shaped rear spoiler improves high-speed stability and cornering speed, aided by a set of sticky Pirelli PZero Trofeo R-compound tires mounted to 11-inch-wide alloy wheels in front and 11.5-inchers in back. The tires — more than a foot wide — are the same on all four corners.

Chevrolet claims that the Z/28 produces 1.05 g's in cornering grip and an equal amount of braking force, thanks to the fade-free Brembo-brand carbon-ceramic brakes that weigh considerably less than comparable iron rotors.

The Z/28's interior is just as go-fast-focused as the rest of the car. There's a flat-bottomed steering wheel and Recaro racing-style seats with grippy suede-covered bottoms and cutouts for installation of an aftermarket five-point racing harness.

Clearly, this extra-special Camaro isn't your average grocery getter or stoplight poseur. It's built for drivers who can afford to drop an estimated $70,000 for a car with everything an enthusiast needs to exercise his or her need for speed.

Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.
(Blake, currently homeless)
HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.
RAISING THE ROOF

Horoscopes

♈ Aries
March 21 - April 20
Something you have been working on for a long time will bear fruit today. Others may say you've been lucky but the fact is you have laboured long and hard to get this far.

♉ Taurus
April 21 - May 21
You will handle everything life throws at you with grace and style. The planets endow you with limitless self-confidence and the kind of faith that moves mountains.

♊ Gemini
May 22 - June 21
You will have to take on new responsibilities over the next few days, including some of a financial nature. Show the world you have what it takes to handle difficult situations.

♋ Cancer
June 22 - July 23
Although the sun in Capricorn brings partnership problems to the fore, Mercury in your opposite sign will make it easier for you to see things from the other person's point of view.

♌ Leo
July 24 - Aug. 23
Matters of a routine nature will take up a lot of time but once you have completed your tasks you can move on to something more interesting. Whatever else you do today, don't cut corners.

♍ Virgo
Aug. 24 - Sept. 23
This should be a productive day for you — you will get a lot done in a short space of time. Make the most of it because as you move into the New Year not everything will come quite so easily.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues will demand more of your time and attention today and if you are smart you will give it to them.

♏ Scorpio
Oct. 24 - Nov. 22
You will get the chance to move up in the world in some way over the next few days and even though your mind may be on other things you must grab the opportunity.

♐ Sagittarius
Nov. 23 - Dec. 21
Money matters must come first today and with Mercury joining the sun in the main financial area of your chart you will get the chance to balance the books.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what is the most important thing you should be doing right now and do it to the exclusion of all else. Your efforts will not be wasted.

♒ Aquarius
Jan. 21 - Feb. 19
What happens today will convince you that life is good and about to get even better. The only reason that your thoughts have been so negative of late is because you have allowed your emotions to blot out common sense. Time to rebalance.

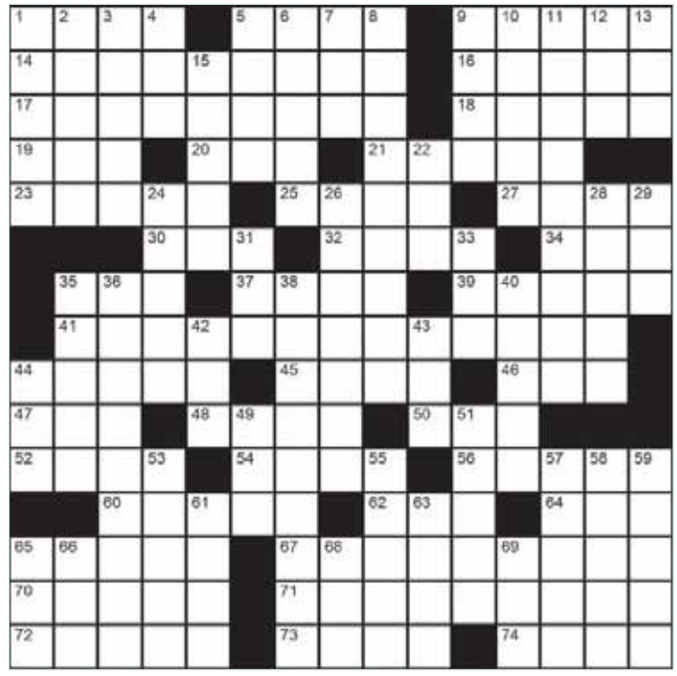
♓ Pisces
Feb. 20 - March 20
Try not to get too emotionally involved in other people's problems. Life is full of ups and downs, and so a more light-hearted approach from you today will be an example for them to follow.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



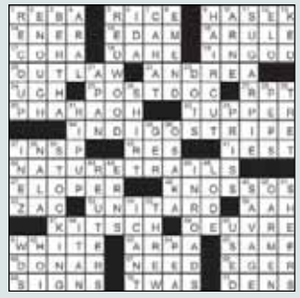
Across

1. "Hush! I __ __ the phone!"
5. Gentle
9. "__ Old St. Nicholas"
14. Artist's work
16. Grow like _ __
17. Saint-Jean-sur-__, Quebec
18. Distributes
19. Pitcher's stat.
20. _ __ mode
21. Pancake dish of Russia
23. Mailing enclosures, commonly
25. Nero's 651
27. Poinsettia part
30. Texter's "incidentally"
32. Jump
34. __-Cone
35. Overseas MTV honour (acronym)
37. Alum
39. Barbera's cartooning partner
41. The Huron Carol bit: "That mighty __ __ / Sent angel choirs instead."
44. Via ship: 2 wds.
45. Singer/songwriter Marvin
46. Prefix to "light"
47. Appropriate
48. Thailand currency
50. Premium car
52. French for "here and there": Ici __ __
54. Ancient portico
56. Distressed cries
60. Saskatchewan village between Regina and Saskatoon
62. American airer since '71
64. Furrow-maker
65. Helicopter part
67. Ontario community east of London
70. Satire
71. Where Canada is trying to lay territorial claim, as in recent headlines: 2 wds.
72. Holiday hue
73. Fellows
74. Belonging to an undercover agent

Down

1. __-ski
2. Ballerina/actress Ms. Shearer of The Red Shoes (1948)
3. Killer whales
4. To the __ power
5. Richard of Night Court
6. Ancient tale
7. Prevarication
8. __ Canada (Book publisher)
9. Actress Ms. Gertz
10. Buck of Hee Haw
11. "Oh, the weather outside is frightful..." Christmas carol: 3 wds.
12. Jeans brand
13. Li'l length units
15. Spread
22. Irish coronation stone, __ Fail
24. Online retail discount
26. Mott's beverage
28. Boredom
29. Bygone bird
31. Early 1920s President [monogram]
33. __ Beta Kappa
35. The Prince of __ (1998)
36. Festive foliage
38. Position in hockey: 2 wds.
40. When management might return from lunch, __ __
42. Music legend Mr. Calloway
43. Bird bill
44. UK defence contractor, _ _ _ Systems
49. Mount __ (Volcano of Japan)
51. Frankincense and __
53. Solo
55. Furious
57. __ it up (Celebrate)
58. Candy-on-a-stick
59. Monica of tennis
61. Welsh opera singer Mr. Terfel
63. Furry friends
65. Semi
66. Hockey Hall of Famer
68. __ _ Turn (Road sign)
69. Madonna's first hubby ... his initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9		7	8				
	2		5				1	9
		4	2			3		
						9	4	8
6				4				3
4	3	2						
		8			9	6		
7	1				5		9	
				1	3		5	

Yesterday's Sudoku

5	1	2	3	4	8	6	9	7
8	7	4	2	6	9	5	1	3
9	3	6	5	1	7	8	4	2
1	6	7	4	2	5	3	8	9
2	5	8	9	7	3	1	6	4
3	4	9	1	8	6	7	2	5
4	8	5	6	3	2	9	7	1
7	9	1	8	5	4	2	3	6
6	2	3	7	9	1	4	5	8

Today
6°/1°
Variable

Wednesday
6°/2°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
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unicef
Save the Children

IKEA

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36" French Door Refrigerator, 25.5 cu. ft.

35 3/4" W x 70" H x 35 3/4" D

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SAVE $300

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WHITE

SAVE $550

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WHITE

SAVE $150

GE

30" Slide-In Electric Range, Ceramic Glass Cooktop, 5.2 cu. ft.

STAINLESS STEEL

SAVE $600

LG

36" French Door Refrigerator, 30.5 cu. ft.

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STAINLESS STEEL

SAVE $995

LG

30" French Door Refrigerator, 19.7 cu. ft.

29 3/4" W x 68 3/4" H x 36 3/4" D

STAINLESS STEEL

SAVE $600

LG

Semi Integrated Dishwasher with 5 Wash Cycles

STAINLESS STEEL

SAVE $300

LG

27" Top Load Washer, 5.0 cu. ft. & 27" Front-Load Electric Dryer, 7.3 cu. ft.

WHITE

SAVE $401

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30" Freestanding Electric Range, 5.8 cu. ft., Self-Clean

24" Fully Integrated Dishwasher

22.6 Cu. Ft. French Door Counter-Depth Refrigerator

PACKAGE PRICE

$2999

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17.0 cu. ft. Frost-Free Upright Freezer

TITANIUM SALE PRICE

$699

FRIGIDAIRE

24" Fully Integrated Dishwasher

STAINLESS STEEL SALE PRICE

$499

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